

Nutritious N' Delicious

Shopping List



Drinks

- Fresh coconuts
- Sparkling water and mineral water in glass bottles
- Almond, hazelnut or coconut milk
(make sure non sweetened and check the ingredient list, make sure it does not contain an ingredient called carrageen)
- Organic herbal teas
(Yogi and Yumi are good brands)
- Organic coffee



Dried fruits, nuts and seeds

- If you are buying dried fruits opt for sulphite free. Opt for organic where you can
- Goji berries
- Golden berries
- Organic raisins
- Dried figs, plums and dates
- Walnuts
- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Flaxseeds
- Hemp seeds
- Sesame seeds
- Sunflower seeds
- Pumpkin seeds
- Tahini
- Almond butter
- Sunflower or pumpkin seed butter



Breakfast cereals and grains

- Gluten free rolled oats
(Bob's Mills is a good brand)
- Ezekiel bread
(NOTE: it's NOT gluten free but good for anyone who is not on a GF diet) - it's sprouted bread and can be found in the frozen section of the super-market
- Buckwheat and pure buckwheat noodles
- Wild Rice, Black Rice, Red rice, Brown Rice
- Quinoa and quinoa flakes
- 2 moms in the raw cereal bars
- Mary's Gone Crackers
- Go raw buckwheat granola
- Paleo granola sweetened with coconut sugar
- Lentil and bean pasta
- Brown rice pasta
- Almond flour
- Coconut flour
- Marys gone bread crumbs
- Paleo wraps



Beans and Lentils

- If you buy from a can make sure it is a BPA Free can. If you can find sprouted lentils try buying them. Otherwise buy dried and see my guide of how to sprout and prepare dried lentils and beans
- Chickpeas
- Atzuki beans
- Kidney, cannelloni, black beans
- Lentils - green, yellow and black

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Snacks and Sweets

- Seaweed by seasnax
- Go Raw cookies
- 2 mums in the RAW
- Marys gone crackers and pretzels
- Gluten free Non GMO corn tortilla chips
- Coconut chips (no added sugar)
- Organic non GMO coconut oil popcorn
- Raw chocolate (sweetened with coconut sugar)
- Coconut milk or almond milk ice cream



Fridge

- Organic miso paste



Freezer

- Protein of choice: wild, sustainable fish or grass fed free range meats
- Organic spinach and kale (perfect for smoothies)



Condiments

- Organic Ketchup
- Pure mustard
- Apple cider vinegar (with the "mother" inside)
Cold pressed, extra virgin coconut, olive, avocado, almond oil
- Minimally processed and naturally sweetened pea or hemp seed protein powder
- Tamari or coconut amino's (instead of soy sauce)
- Balsamic vinegar
- Raw Honey (manuka)
- Real Maple Syrup
- Himalayan pink salt
- Pure rock salt
- Organic and non irradiated spices
- Bone broth (Broth of life or any other powdered bone broth)
- Pure tomatoes in glass jars (check ingredient lists and look for ones that contain only tomato, olive oil, salt and basil)
- Coconut palm sugar
- Date sugar
- Raw cacao powder
- Pure stevia extract (check the label to see that there is nothing else in there)
- Pure vanilla bean extract
- Aluminium free baking powder
- Unsweetened coconut flakes
- Nutritional yeast

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Here is a list of things you should really emphasise buying organic

1. Dairy (milk, cheese, butter, yogurt, ice cream)- avoid hormones, antibiotics and GMO's
2. Meat- look for 100% grass fed, antibiotic free and growth hormone free, fed organic non GMO diet
3. Corn, soy beans (soy sauce, tofu, tempeh), zucchini, canola, sugar beets, papaya and cotton seed oil (mainly found in processed foods). These are the most GMO foods.
4. The following fruits and vegetables (the dirty dozen):
 - All leafy greens (kale, spinach, lettuce, herbs...)
 - All berries
 - Bell Peppers (aka capsicum)
 - Apples
 - Celery
 - Cherry tomatoes
 - Cucumbers
 - Potatoes
 - Grapes
 - Hot peppers (aka chillies)
 - Stone fruit (peaches, nectarines and plums)
5. Eggs- opt for pasture raised chickens fed a non- GMO, organic diet
6. Tea and coffee
7. Dried herbs and spices
8. Chocolate



Where to shop in Singapore:

*Sasha's fine foods

(for fish, meat, chicken, frozen bone broth and fermented veggies of good quality):

<https://sashasfinefoods.com/>

*You can also buy Broth of life Bone broth which comes like instant coffee (in a powder form) and you can add it to water and it becomes a bone broth. You need to order directly from them.

<https://www.brothoflife.com.au/>

*Little Farms

(they have great yummy stuff - like gluten free bread- frozen, raw chocolate, coconut yogurt, cashew, coconut and almond milk and nice fish and meat.

<https://littlefarms.com>

***Fish Wives also stock very nice produce: fish, chicken, meat, smoked salmon....**

*For fresh produce

(fruits and veggies mainly from Australia) try, Opentaste: <http://www.opentaste.sg/> For a 15% discount off your first purchase use this code: 15OFFKARIN

*Protein powder for the smoothie I have in my clinic, I am using this brand: <http://nuzest.com/> let me know if you would like some.

Mason Jars- cheap and best of all delivered to you.

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iherb- brands I like to buy off iherb

- Artisanà almond butter
- Julian Bakery Paleo wraps
- Two mums in the Raw
- Sea Snax
- Rawmio
- Go Raw
- Sunbiotics
- Marys Gone
- Yogi Tea
- Natives Naturals raw cacao, cacao nibs and goji berries
- Nu Naturals vanilla extract
- Now foods gluten free pasta (mostly made from quinoa) and psyllium husk powder
- Bobs Mills gluten free oats, coconut and almond flour
- Eden foods organic Sencha green tea
- Other things I buy off iherb are: Hemp seeds, coconut sugar, coconut flower nectar, organic nuts and seeds, desiccated coconut, natural tooth paste, deodorant, shampoo, conditioner and soaps.
- Supplement companies I use from iherb occasionally: Throne , Nordic naturals, Floradix, Kinderval, Child life, Jarrow